




Department of Health & Human Services
Montgomery County Senior Nutrition Program

Damascus Senior Center
November 2016

The meal cost is \$7.00 For people age 60 and over and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. Please contribute as much as you can – contributions are used to serve more meals. Meal reservations are to be made at this lunch site no later than 2:00 pm on Monday of the week in which the meals are being served. After that, reservations must be approved by the Site Manager. Same-day cancellations must be called in 240-777-6995 by 10:00am. *For information about the Senior Nutrition Program, call 240-777-3810.* Fat Free Milk served with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Thanksgiving from Montgomery County's Senior Nutrition Program!		Senior Nutrition Hotline Wednesdays, 9-11 am 240-777-1100 Speak with a registered dietitian for information about food, nutrition and food safety.		
	1 Veggie/Bean Soup BBQ Chicken Mac 'n Cheese Tossed Salad Spice Muffin Fresh Fruit	2 Salmon Patty Herbed Rice Zuc/Tom/Onion Medley Let/Tom/Cuc Whole Wheat Bun Fruited Gelatin	3 White Grape Juice Cheese-Stuffed Manicotti Italian Meatballs Garden Salad Garlic Biscuit Cinnamon Peaches	4 Apple Juice BBQ Beef Baked Beans Coleslaw Whole Wheat Bun Fresh Fruit
7 Cran-Apple Juice Tuna Salad Sandwich On Wh. Wheat Bun Let/Tom/Cuc Pasta/Veggie Salad Fresh Fruit	8 Cran-Apple Juice Chili/Mac Casserole Whole Wheat Crackers Tossed Salad Fresh Fruit	9 <u>Thanksgiving Meal</u> White Grape Juice Turkey w/Gravy Sweet Potato Casserole Bread Stuffing Cranberry Sauce Peas & Carrots Dinner Roll Pumpkin Pie Square	10 Tom/Basil/Bean Soup Spinach Quiche Mandarin Salad Spice Muffin Peach Cobbler	11 Veteran's Day 

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14 Cran-Grape Juice Meatloaf Baked Potato Green Beans Whole Wheat Bread Fresh Fruit	15 Cran-Raspberry Juice Chicken Divan Egg Noodles Broccoli Cornbread Apple Crisp	16 Salmon Patty Herbed Rice Zuc/Tom/Onion Medley Let/Tom/Cuc Whole Wheat Bun Fruited Gelatin	17 Chicken Parmesan Rotini with Tom. Sauce Garden Salad Italian Wheat Bread Poached Pears	18 Potato/Bean Soup Turkey Burger Coleslaw Let/Tom/Cuc Whole Wheat Bun Fresh Fruit
21 Cran-Raspberry Juice Baked Salmon Baked Sweet Potato Spinach Italian Wheat Bread Fresh Fruit	22 Grape Juice Teriyaki Chicken Scalloped Potatoes California Veggie Blend Soda Bread Fresh Fruit	23 Broccoli/Bean Soup Cheeseburger Potato Salad Let/Tom/Cuc Whole Wheat Bun Applesauce	24) SITES CLOSED 	25) SITES CLOSED 
28 Tomato/Carrot Soup Gr. Cheese Sandwich on Whole Wheat Bread Carrot/Raisin Salad Fresh Fruit	29 Cran-Grape Juice Lazy Day Lasagna Italian Meatballs Garden Salad Italian Wheat Bread Poached Pears	30 <u>Breakfast for Lunch</u> Cran-Grape Juice Egg/Cheese Casserole Turkey Sausage Hash Brown Potatoes Belgian Waffle Fruit Cup		

Nutrition Notes: **Better Food, Lower Cost!**

Healthy eating does not need to be costly. At this time of year, with the holidays arriving, most of us are a bit more concerned with expenses. And cutting down on healthy foods at the supermarket is not the way to solve this problem. Here are some tips for spending less on healthy food for a healthier YOU!...

-Before you shop, look at what you already have in the fridge and pantry. Look at store circulars with sale items, and make a plan for the week.

-Save money by cooking at home more often. Cook in large batches; freeze in individual servings.

-Skip processed foods whenever possible. Frozen meals and canned soups and gravies cost more and may contain way too much sodium and fat.

-Grab bargains on fresh veggies and incorporate them into soups, stews, and casseroles for fewer calories, and for healthier holidays!

-Snack on fruits and vegetables....a lot healthier and less expensive than chips, cookies, and other sweets.